

# Wyoming Swimming & Diving Core List

(Pick 1 exercise from each list to perform before, during or after lift)

All exercises can be found on

<http://wyomingathletics.cstv.com/ot/wyo-sc-examples.html>

## Rotational Exercises

Seated V Twist 3x12ea  
Hanging Knee up (twist) 3x10ea  
Twist Crunches 3x12ea  
Russian Twist 3x15ea  
Windshield Wipers 3x10ea  
Bench Ab Twist 3x10ea

## Lumbar Exercises

Hypers on floor 3x10  
Hypers 3x10  
Reverse Hypers 3x10  
Goodmornings 3x8

## Rectus Abdominus Exercises

Hand Toe Crunches 3x15  
LMR reach Crunches 3x8ea  
Hanging Knee ups 3x12  
Crunches 3x20  
Toe Ups 3x15  
V-Ups 3x12  
Regular Abs 3x20  
Leg Raises 3x10  
Side holds/Thinker 3x30s each way

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Dear Team,

This workout was designed to prepare you for the training period in the fall. If you do not know how to perform an exercise refer to the Wyoming Athletic web site and look under Strength & Conditioning for pictures and descriptions. In choosing a proper training weight, please keep these concepts in mind: **Pick a weight that will make the last set difficult to finish the prescribed reps, and as the reps decrease (in a day or by the week) increase the weight to correspond.** Please look through the workout carefully and plan your schedule accordingly. If you know you need to taper for a meet, get as much done as possible before then. In other words, try to miss as little of the workouts as possible by lifting in advance. Phase I is meant as a strength building phase so push as much weight as possible. Phase II is a taper phase preparing for Sectionals. Reduce your weight (except back exercises) and move the weight faster = Power. Phase III is another strength building phase so you should be doing your heaviest lifting of the summer in Phase III. If you make it to Seniors, you will need to start PIII later. Recovery is a training tool as well. **Always allow a day of rest between all lifts.** Record all your weights on this workout, bring this workout back with you, and mostly importantly, enjoy your summer. We will test the second week of school. If you have any questions or need a new workout please email or call your respective event coach.

Train hard, train smart.  
Coach Cotterman